



## Rise25 Goal-Setting Framework

### **Step 1 - Set Annual Goal**

What is your #1 Goal you want to Achieve with Your Business in the Next 12 months:

\_\_\_\_\_

### **Step 2 - Back Out of that Goal to Create Concrete and Measurable Actions**

What is a specific, measurable step you can take in the next 30 days to move yourself and your business forward toward that larger goal?

\_\_\_\_\_

*This action step should be something you have total control over. In other words, "contact 5 podcasters and pitch yourself to be a guest on their podcast" is something you can control. "Host 5 webinars" is something you can control. "Write 5,000 words for my book" is something you can control. "Be a guest on 5 podcasts" is not something you can control because you are not the deciding factor. "Publish a book" is not something you have total control over.*

Now, take the larger goal and create 11 more specific action steps for the successive months.

(1) _____	(7) _____
(2) _____	(8) _____
(3) _____	(9) _____
(4) _____	(10) _____
(5) _____	(11) _____
(6) _____	(12) _____

### **Step 3 - List 5 Relationships of People Who Can Support You**

Relationships are one of the most critical pieces in achieving your goals, yet most people don't pay close enough attention to them.

You need people who believe in your goals and who will support you and hold you accountable to achieving those goals, especially when you want to give up. Write down a list of at least 5 people who will support your goals and hold you accountable. Consider creating a weekly accountability call with 1 of these individuals.

(1) _____	(7) _____
(2) _____	(8) _____
(3) _____	(9) _____
(4) _____	(10) _____
(5) _____	(11) _____
(6) _____	(12) _____